

Service

AVAILABLE

All information messages are available in English and French. A limited selection of information messages in Chinese (Cantonese and Mandarin), Greek, Hindi, Italian, Polish, Portuguese, Punjabi, Spanish and Urdu is available.

Service is completely
confidential and
anonymous.

METRO TORONTO

416-595-6111

ONTARIO TOLL-FREE

1-800-INFO-ARF
(1-800-463-6273)

ON THE WEB

On-line transcripts of these messages, and a wealth of other addiction-related materials, are also available, **24 hours a day**, on **SANO** (Substance Abuse Network of Ontario).

You can reach **SANO**:

1. Via the Internet: **Telnet sano.arf.org**
World Wide Web: **http://sano.arf.org**
2. Via modem, dial up: **416-595-6069 (8,N,1)**

For an information brochure in French or any of the above languages, please call or write:

**INFORMATION CENTRE,
ADDICTION RESEARCH FOUNDATION
33 RUSSELL STREET
TORONTO, ONTARIO M5S 2S1**

Info-ARF

DRUG AND ALCOHOL INFORMATION LINE

METRO TORONTO

416-595-6111

ONTARIO TOLL-FREE

1-800-INFO-ARF
(1-800-463-6273)

STAFF ON DUTY

**9 a.m. to 9 p.m.
seven days a week
(except holidays)**

TOUCHTONE SERVICE

**24 hours a day
seven days a week**

For a fax transcript of any of these messages, call:

(416) 595-6099

Or write to:

**INFORMATION CENTRE
ADDICTION RESEARCH FOUNDATION
33 RUSSELL STREET
TORONTO, ONTARIO M5S 2S1**



Addiction Research Foundation
Fondation de la recherche
sur la toxicomanie

Government
Publications

CA20N
H85
-Z019



3 1761 11893810 9

DRUG AND ALCOHOL INFORMATION LINE

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Addiction Research Foundation
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sur la toxicomanie

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Drug & Alcohol

INFORMATION LINE

This service provides:

- 39 audiotapes in English and French on alcohol and other drug topics. The audio messages are 3 to 6 minutes in length. Call as often as you wish in the privacy of your own home or office;
- up-to-date information and referrals to prevention and treatment resources throughout Ontario;
- free, confidential and anonymous service throughout Ontario.

If you are calling from a touchtone telephone, please follow the instructions you receive after your call is answered. If you are calling from a rotary telephone, please wait a moment and one of our staff will assist you in making your selection.

HOURS OF OPERATION

Staff-assisted and TDD operator-assisted calls

9 a.m. to 9 p.m. seven days a week
except holidays

TOUCHTONE CALLS

**24 hours a day
seven days a week**

FACTS ON ALCOHOL

- 3011 Alcohol: Its Effects
- 3012 Alcohol: Prevention
- 3013 Alcohol: Patterns and Trends
- 3014 Low-Alcohol Beverages
- 3015 Alcohol, Children and the Family
- 3016 Alcohol and Pregnancy

FACTS ON DRUGS

- 3021 Drugs: An Overview
- 3022 Drugs and Pregnancy
- 3023 Cocaine and Crack
- 3024 Cannabis (Marijuana and Hashish)
- 3025 LSD and other Hallucinogens
- 3026 Speed and other Amphetamines
- 3027 Barbiturates
- 3028 Medications for Anxiety or Sleep Problems — Benzodiazepines
- 3029 Caffeine
- 3030 Tobacco and its Effects
- 3031 Smoking: Why to Quit and Ways to Do It
- 3032 Heroin and Prescription Narcotics
- 3033 Solvents, Glue and Other Inhalants
- 3034 Steroids
- 3035 Ecstasy

ABOUT YOUTH & PARENTS

- 3041 Message for Students
- 3042 Talking with Your Kids About Drugs
- 3043 Does My Teenager Have a Drug Problem?
- 3044 Teens Talk to Teens
- 3045 Alcohol and Drug Use Among Ontario Students
- 3046 An Early Start: Drug Education Begins at Home

RECENT RESEARCH FINDINGS

- 3051 Drugs and Older People
- 3052 Women and Substance Abuse
- 3053 Drugs and Aboriginal People
- 3054 Drugs and Disability

CURRENT ISSUES

- 3061 Drinking and Driving
- 3062 Sex, Cannabis and Alcohol
- 3063 Employee Assistance Programs
- 3064 Substance Abuse and Domestic Violence
- 3065 Drug Testing in the Workplace
- 3066 Problem Gambling

TREATMENT ISSUES

- 3071 Naltrexone: A New Treatment for Alcohol Dependence
- 3072 Alcohol and Other Drugs: Treatment Options

